

# JAX AIR NEWS

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NAS Jacksonville, Fla.

June 14, 2001

## VP-16 Sailors rescue father, daughter from drowning

By Lt. Dwayne Louis  
VP-16 PAO

Patrol Squadron (VP) 16's Lt. Matthew Willer and Lt. Brian Cowell were recently awarded the Navy and Marine Corps Achievement Medal for their courageous actions while on liberty at a beach in Luquillo, Puerto Rico. Without regard for their own personal safety, they saved an area father and daughter from being swept out to sea by a dangerous rip tide.

On March 11, Willer and Cowell were in the right place at the right time for a father and daughter. It was afternoon,

high tide was coming in and the waves were around six feet with powerful breakers on the beach. The father and daughter were standing on a reef when an incoming wave knocked the 10-year-old daughter off the reef and into the strong rip tide. In a panic the father tried to grab his daughter and was pulled in with her. Fear set in quickly...their only option was to yell for help.

Willer summarized their heroic actions as follows, "While sitting on the beach observing the people in the water and knowing how the ocean behaves, we pretty much anticipated this situation before it actually happened. So when it happened we were not surprised and didn't hesitate for an instant. We ran into the water. Cowell swam for the daughter and I swam for the father. Once we reached the victims you could see the panic in their eyes. We grabbed them and began swimming parallel to the shore until the rip-tide let loose. We reached a small sand bar, which allowed us to rest for a minute. When I turned around the strong current had grabbed the young girl again. Cowell jumped back in after her and I grabbed Brian's arm and pulled them back in. At

this point, several other people on the beach noticed what was going on and formed a line to the beach. We passed the father and daughter along the chain and got them safely to the shore."

After the ordeal, there where many "thank yous"

"Even with the language barrier we still got the message," said Cowell.

Cowell and Willer were recently pre-

sented Navy and Marine Corps Achievement Medals by VP-16 Commanding Officer Cmdr. J.W. Dziminowicz, who congratulated both officers for their bravery. A father and daughter are alive today because of these two naval officers. Both Cowell and Willer said they are extremely gratified to know they made a difference that day.



Lt. Brian Cowell



Lt. Matthew Willer

## HS-5 'Nightdippers' under new leadership

By Lt. Rick Dietrich  
HS-5 PAO

The Helicopter Antisubmarine (HS) 5 'Nightdippers' recently held a Change of Command Ceremony in which they bid farewell to Cmdr. Vincent Lamolinara and hailed Cmdr. Steve Schreiber as the new Commanding Officer, and Cmdr. Bill Gilligan as the new Executive Officer. The Ceremony was held in HS-5's Hangar May 31, on the NAS Jacksonville seawall.

Kicked off by Navy Band Southeast and the posting of the Colors, the ceremony included a speech by the guest speaker Capt. Hartman J. Kircher IV, Chief of Staff for Commander Navy Region Southeast. In his speech Kircher



Cmdr. Steve Schreiber



Cmdr. Vincent Lamolinara

lauded Lamolinara and Schreiber for HS-5's many awards, innovations and accomplishments under their tour as CO and XO. The culmination of all their

See HS-5, page 4



More than 800 people demonstrated their support for our nation's young people by walking across the Main Street Bridge in downtown Jacksonville on June 2. The walk commenced at the historic Treaty Oak in Jessie Ball DuPont Park and ended at the Jacksonville Landing.

## Navy joins local citizens to 'Stand For Children'

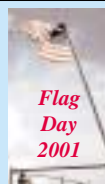
Story and photos by  
MMCS(SW/AW) Arden Battle

The Jacksonville Navy Community was honored to partner with many other concerned citizens in the Sixth Annual Stand For Children Day 2001. Personnel from all three area Navy bases; NAS Jacksonville, Naval Station Mayport and Naval

Submarine Base Kings Bay; participated in the event June 2. Stand For Children is a nonpartisan organization developed by the Children's Defense Fund to build a strong voice for children, create awareness surrounding issues that affect children and to generate new advocates for children.

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Jax Air News online: [www.nasjax.navy.mil](http://www.nasjax.navy.mil)

## Meet a Sailor... MA1 (SW) Michael Gaines



**Job Title:** Pass and Decal LPO, NAS Jacksonville

**Hometown:** Tampa, Fla.

**Past Duty Stations:** USS John F. Kennedy (CV-67)

**Family Life:** Married to Tracy Gaines; children, Ycopia, Michael Jr. and Celest.

**Career Plans:** To prepare for retirement.

**Most Interesting Experience:** Fishing and patrolling the jungle of Diego Garcia.

**Words of Wisdom:** "Wisdom is the principal thing, therefore get wisdom. And in all your getting, get understood. (Proverbs 4:7)"

## Meet a Civilian... Jerry Syrek



**Job Title:** Mountain Bike Police Officer, NAS Jacksonville

**Hometown:** Greenville, Mich.

**Past Duty Stations:** Newport, R.I.

**Family Life:** Single

**Career Plans:** To continue my police career in any field available.

**Most Interesting Experience:** Receiving a \$1,500 bonus for saving several children from a natural gas filled house in Newport, R.I.

**Words of Wisdom:** "An ounce of knowledge is better than a pound of punishment."

## Navy Career Decision Workshops offered by Jacksonville commands

**By CMDMC Charles D. Lawson**

*NAS Jacksonville Command Master Chief*

Jacksonville-area commands will hold a series of career decision workshops and seminars for area Sailors and their families from June 18-22, 2001.

Sailors and their spouses are invited and encouraged to attend the career decision workshops to obtain all the information they need to make informed career choices. The series will include briefings for commanding officers, executive officers, command master chiefs, command career and counselors on Navy retention issues, CCD mission and core competencies as well as a review of the career counselor community and vision for the future. Detailer briefs and one-on-one detailing will also be provided based on community needs.

The workshops, provided by Ruehlin Associates, present an unbiased review of the pros and cons of careers in the Navy and in the private sector. The workshops/seminar series are sponsored by the Navy Personnel Command's Center for Career Development based in Millington, Tenn.

CCD has been established to provide the Fleet all the tools necessary to keep the Navy's high-quality Sailors in uniform. These tools will include:

- \* Enhanced professional training for Navy Career Counselors and Command Retention Teams

- \* Career decision seminars and workshops for Sailors and their families


- \* Comprehensive, easy-to-use web-based interactive products to aid Sailors and their families in making informed career decisions

- \* Consolidation and analysis of the Navy's retention and quality of service data into useful and predictive tools to assist senior leadership in making policy decisions

Establishment of the CCD is part of the Navy's continuing efforts to improve Sailors' quality of service - that is, a balanced combination of quality of life and quality of work. To that end, one of the Center's main objectives is to foster a professional climate in which retention is a culture rather than a single event conducted when a Sailor reaches a career decision crossroads.

The Center will also direct many of its initiatives - such as career decision seminars and web-based information technologies - toward Navy families. The number of married Sailors has risen dramatically over the past 20 years - today almost 70 percent are married. For these Sailors, career decisions are not unilateral. Families play a significant role in the career decision-making process, and the CCD will endeavor to reach them.

For more information on the Center for Career Development and its forthcoming initiatives, please contact CCD Public Affairs Office at (901) 874-2200 or visit us on the web at [www.stay-navy.navy.mil](http://www.stay-navy.navy.mil).



## It's free!

It's free! Give yourself the gift of a Navy CREDO Retreat. Personal growth retreats are offered June 21-24, Aug. 16-19, Sept. 20-23. July 27 - 29, Marriage Enrichment Retreat. June 8-10 Family Retreat. July 13-15 Teen Retreat. Sept. 14-18 Facilitators Training Retreat. For more information, or to register, call CREDO at 270-6958.

# CREDO



*Photo By Jeff Hilton*

**Have ID cards ready - Security personnel have been directed to conduct 100 percent checks of everyone entering NAS Jax. To ease traffic flow, please have your ID card ready to showguards as you approach the gate.**

# JAX AIR NEWS

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# New Secretary of the Navy sends a message to the Fleet

*The following is the text of a message from the Secretary of the Navy:*

Greetings.

On May 24, I was sworn in as your 72nd secretary of the Navy and am pleased to be embarking with you on an exciting voyage!

Our Navy and Marine Corps team has established a stellar record of mission accomplishment both in combat and peacetime operations. We have no equal in the entire world and you are unmatched in your profession. I am very proud to join this fine team.

I can say, along with Chief of Naval Operations Adm. Clark, and Commandant of the Marine Corps Gen. Jones, that we are going to get even better as we transform America's armed forces for the 21st Century.

As usual, our nation and the world look to us for leadership. The opportunities are vast, the responsibilities great, the expectations high. You have my solemn pledge that I will do everything in my power to keep our Navy and Marine Corps the best in the world.

The president and secretary of defense have indicated this is a time of change. I ask that each of you join me and them, bringing your talents, innovative thoughts and experience to bear, in transforming the way we do business in order to meet our commitments, now and in the future.

I know that the Navy and Marine Corps team has a strong sense of our core values of honor, courage and com-



**Gordon R. England**  
Secretary of the Navy

mitment. In that vein we should at all times conduct our business in a forthright, open, honest and direct manner both with each other and the public.

In my testimony to Congress I listed four areas of emphasis:

- Combat capability,
- People,
- Advanced technology,
- Business practices.

Of these four, the men and women in the fleet and those who support their combat capability are the most important elements of our team.

The primary purpose of the Navy and Marine Corps is to deter, train for, and when necessary, fight and win our nation's battles. Combat capability, which includes readiness, must be our primary emphasis.

A ship pier-side has no asset value to this nation without a well-trained and highly motivated crew. We need to continue to invest in the human capital that makes our Navy and Marine Corps the world's finest.

I support the CNO and commandant's efforts in emphasizing quality of service by focusing on a higher quality workplace as well as a higher quality of life for our people.

I am committed to this effort and will work to accelerate the results that can benefit the entire team: those on active duty, the reserves, our dedicated civilians, those who are retired and those whom we seek to recruit as well our families.

Everyone in the Department of the Navy needs to recognize that while some positions carry a greater burden, all of our people are important to our mission. At the end of the day, our Sailors, Marines and civilian personnel should know that their work is important to building and maintaining the Navy and Marine Corps' combat capability.

Our organization must support an environment in which each person can professionally excel and contribute to the mission.

To help achieve the most effective combat capability and readiness, we will need to apply new forms of advanced technology. This has been central to our nation's military for generations.

Advanced technology in its many forms has proven itself time and again as a way to save lives and win wars: it is an asset that our nation needs.

I am committed to the application of technology in the military in a manner and rate similar to the commercial market.

We will simplify the acquisition system, streamline the bureaucratic decision-making processes, promote innovation throughout the Department of the Navy and engage the full spectrum of American businesses and universities to get you the modern tools to do your mission successfully.

Finally, we will strive to improve the internal "business" practices within the department.

While the Navy and Marine Corps serve a national purpose and provide a public service well beyond the commercial objective of profit, many business practices are still applicable. By improving these processes, we should be able to shift more dollars into combat capability and quality of service.

It is a distinct honor to serve with you. Together we can meet the challenges ahead and leave a record for the generations of Sailors and Marines that follow.

We can be proud of serving to protect freedom and American ideals in this century and beyond. We are "one team" and we will commit ourselves to "one fight".

I look forward to the opportunity to work with you as your secretary. Semper Paratus and sail safe.

Gordon R. England  
Secretary of the Navy

## Flag etiquette: Know how to honor the national ensign

### Saluting the flag

Salute the flag when it is six paces from the viewer and hold it until the flag has passed six paces beyond. Salute the flag at the first note of the National Anthem and hold the salute until the last note is played. Never use a flag as a decoration - use bunting.

When in civilian attire - Men remove hats and hold at left shoulder with hand over heart; without hat, place right hand, palm open, over heart. Women should place right hand, palm open, over heart. When in athletic clothing, face the flag or music, remove hat or cap and stand at attention; a hand salute is not given.

### Carrying the flag

When marching - Carry the flag on the right in any procession or parade. If there are many other flags, carry the flag in the front center position.

If you are carrying a flag - Hold the flag at a slight angle from your body. You can also carry it with one hand and

rest it on your right shoulder.

### Displaying the flag outdoors

On a vehicle - Attach the flag to the antenna or clamp the flagstaff to the right fender. Do not lay the flag over the vehicle.

On a building - Hang the flag on a staff or on a rope over the sidewalk with the stars away from the building.

Over the street - Hang the flag with the stars to the east on a north-south street or north on an east-west street.

Above other flags - Hang the flag above any other flag on the same pole.

Other flags, separate poles - Hang all flags on equal poles. Hang the U.S. flag on its own right, hoist it first and lower it last.

In a window - Hang the flag vertically with the stars to the left of anyone looking at it from the street.

Half-mast - This is a sign of mourning. Raise the flag to the top of the pole then lower it to the half way point. Before lowering the flag, raise it to the top

again at the end of the day.

Upside down - An upside-down flag is considered a distress signal.

### Displaying the flag indoors

Multiple staffs - If you display the flag on a staff with other flags around it, place the flag at the center and highest point.

Crossed staffs - Keep the flagstaff higher and on its own right.

Behind a speaker - Hang the flag flat on the wall. Do not decorate the podium or table with the flag. Use bunting for decoration.

Next to a speaker - Place the flag in a stand on the speaker's right. Use the same placement for a religious service.

In a hall or lobby - Hang the flag vertically across from the main entrance with the stars to the left of anyone coming through the door.

On a casket - Drape the flag with its canton at the head and over the left shoulder of the body. Do not lower the flag into the grave.

## Hydrant flushing set for June 25

The NAS Jacksonville Fire Department will be conducting the annual fire hydrant flushing onboard NAS Jax in the officer and enlisted housing areas between the hours of 8 a.m. and noon on Monday, June 25 through Friday, June 29. Fire hydrant flushing in the Yellow Water housing complex will be conducted between 8 a.m. and noon on Monday, June 25 only. Housing occupants are cautioned to refrain from using their automatic washing machines during these time frames as damage to clothing may result. Allow water faucets to run for a short period of time after the flushing to clean any discoloration in the water lines, especially before washing light colored laundry. For questions, call the housing office at 542-2996.

# HS-5: Schreiber takes command from Lamolinara

*Continued from page 1*

hard work was when the "Nightdippers" were awarded the Battle "E" award for being the best Helicopter Anti-Submarine Squadron on the entire East Coast for calendar year 2000. They also won the Adm. J. W. Thach Award for Tactical Innovation for the second consecutive year. Both awards reflect the high standards set by Lamolinara and Schreiber on USS Dwight D. Eisenhower while deployed from February to August 2000 and while stationed at NAS Jacksonville.

After the reading of orders, Schreiber relieved Lamolinara of command, as witnessed by Capt. William Gortney, Deputy Carrier Air Group Commander of Air Wing Seven, who had flown in from NAS Oceana for the ceremony. Gortney also awarded Lamolinara the Meritorious Service Medal for a multitude of accomplishments as commanding officer. Lamolinara's next assignment is to the Spanish Naval War College in Madrid, Spain.

After assuming command, Schreiber vowed to continue the tradition of ex-

cellence that HS-5 prides itself on as the squadron begins in earnest, its Inter-Deployment Training Cycle with the USS John F. Kennedy Battle Group, in preparation for their next six-month deployment early next year.

Schreiber holds a Bachelor of Science

Tennessee.

He has completed successful tours at Helicopter Combat Support Squadron (HC) 4, the U.S. Naval Test Pilot School, and the British Empire Test Pilot School in England, as the first U.S. helicopter pilot to attend it. Additionally, he served

Navy's Director of Space, Information Warfare, Command and Control Command and then on the Secretary of the Navy's personal staff as the Secretary's TACAIR and C4I Analyst.

He became executive officer of HS-5 in February 2000.

Schreiber married his high school sweetheart, Lauren and they are the proud parents of a daughter, Nicole, and son, Casey.

Gilligan assumed the duties of executive officer that same day. His past tours have included HS-17, HS-1, Naval Test Pilot School, and Rotary Wing Aircraft Test Directorate, where he served with Schreiber, as model manager for the HH-60H/J.

He also completed tours on the USS NASSAU (LHA 4), HS-15 for his department head tour, and as Assistant Program Manager, Training Systems for all U.S. Navy H-60 helicopters at Naval Air Systems Command.

The ceremony was concluded with a benediction by Chaplain Brent Scott and a reception at the NAS Jacksonville Officers Club.



**Squadron members and guests witness the 'Nightdippers' Change of Command.**

degree in Aeronautical Engineering from the University of Arizona and a Master of Science degree in Aviation Systems Management from the University of

as a test pilot at the Rotary Wing Test Directorate, at HS-3 for his Department Head Tour, was the Personnel Aide and Deputy Executive Assistant to the

## WANTED: First Coast Mustangs seek members

**Qualifications:** Must have enlisted as a recruit in the Navy or Marine Corps and received as a minimum the Good Conduct Medal. Must have been selected for a commission through the sea service, inservice procurement program.

**Job Requirement:** Superior leadership and professional skills and a willingness to mentor and reach out to those enlisted personnel who desire to move up through the ranks.

**Reward:** You will become a member of a support network of active, retired, and reserve Mustangs that work collaboratively to light the path for future Mustangs while enjoying camaraderie both socially and professionally.

For more information, contact Lt. Bernie Williams-McGuire at 270-5306 or email at [bmcquire@sar.med.navy.mil](mailto:bmcquire@sar.med.navy.mil)  
Visit the Mustang website at [www.geocities.com/sribandit2/index.html](http://www.geocities.com/sribandit2/index.html).

# State Attorney honors Wadding

**By JO2 Eric Clay**

*Staff writer*

Eileen Wadding, a paralegal specialist, working for the Judge Advocate at NAS Jacksonville under Commander, Navy Region Southeast, was recently honored with the Florida State Attorney's Sustained Exemplary Performance Award. The award was presented by State Attorney Harry Shorstein at a Volunteer Appreciation Luncheon May 31 at the downtown Jacksonville Adams Mark Hotel.

The award recognizes volunteers with the Florida State Attorney's Office, Fourth Judicial Circuit who have been volunteering with the office a minimum of three years and who have made "special and significant contributions" to expand the state attorney's diversion programs. Diversion programs," Wadding explained, are an initiative to encourage litigants to settle cases out of court. The award reflects demonstrated versatility and outstanding performance and exceptional willingness to serve the community and the State of Florida. Jim Patrick, Program Director for the Florida States Attorney's office, said "Eileen is an outstanding hearing officer; the choices were hard to pick from, but Eileen outshines them all, by going above and beyond," he added, "Eileen is always willing to step up to the plate and cover for someone who can't make their volunteer day."

She has been with our program since



**Eileen Wadding**

1988. We have always been able to count on Wadding to help out in a pinch in addition to her regular schedule. She currently handles Youth Mediation Program and Civil Dispute Settlements cases in addition to helping train new classes of volunteers from time to time.

Born and raised in Illinois, Wadding moved to Jacksonville in 1961. She has worked with the Navy for 33 years. She was voted the Region's Civilian Employee of the Year two times.

In addition to her to her full time civil service job, she volunteers as the Voting Assistance Officer for the Navy Region Southeast and away from the office she contributes many volunteer hours to her church.

Wadding and her husband Bill have three children, four stepchildren, 15 grandchildren and two great grandchildren.

## VS-30 skipper makes 1000th trap

**By JO3 Katrin Rofkar**

*USS John F. Kennedy Public Affairs*

An S-3 Viking pilot and squadron commanding officer recorded a naval aviation milestone during recent carrier qualifications aboard USS John F. Kennedy (CV 67).

Cmdr. Jim Wagner, commanding officer of Sea Control Squadron (VS) 30 completed the 1000th trap of his career in the versatile S-3 aircraft which is used primarily for antisubmarine warfare and sea surveillance.

The feat was accomplished with former "Diamondcutter" skippers; Capt. Maurice Joyce, Kennedy's commanding officer and Cmdr. Gregory Nowak, the carrier's Air Boss, watching from their respective perches on the ship's bridge and primary flight control tower. Wagner said, "I was honored to reach this milestone aboard the Kennedy, especially with two of the squadron's former commanding officers here to witness it."

While Wagner was experiencing a major highlight of his career, Joyce said he also found it enjoyable to watch plane number 700, which used to bear his name, on his flight deck. "This squadron has always had a great spirit. They have been a leader in the VS community for as long as 'Vikings' have been around," Joyce added.

Around the ship, other accomplish-

ments were also recorded. Kennedy conducted 1,280 launch and recovery evolutions, enabling one shooter to qualify as Catapult and Arresting Gear Officer, and several others to requalify. Lt. Todd Darwin, one of eight shooters onboard, said he had hoped to receive orders to "Big John," and was not disappointed by his experience here.

"If I can't be in the aircraft, then the flight deck is the next best place to be. The pace is hectic and non-stop, but it's comfortable all at the same time," said Darwin. "Once I get into the 'zone' launching aircraft, I feel like I could go for days," he added.

But the veteran warship was launching more than aircraft while underway. NATO Sea Sparrow missiles were launched from the carrier and other battlegroup ships as part of an operational evaluation of cooperative engagement capability (CEC) technology. Kennedy and other battlegroup ships; USS Hue City (CG 66), USS Vicksburg (CG 69), USS Wasp (LHD 1), USS Carney (DDG 64) and USS The Sullivans (DDG 68) have participated in CEC evaluations for more than a year.

A complete review of the tests conducted from the Kennedy platform is underway. Pending the results, CEC may become the warfighting technology of the future, thereby launching Kennedy to the forefront of combat technology.

## ‘Red Lions’ spouse displays unusual courage

**Lt.j.g. Singo Sprauve**

*HS-15 PAO*

A member of the Helicopter Anti-submarine Squadron (HS) 15 “Red Lions” family displayed uncommon valor during an incident in her neighborhood.

Tracy Lee Cortez, wife of AT1 Patrick Cortez, was waxing her car at a friend’s house when the Domino’s Pizza driver caught a would-be thief trying to steal his Mustang. The pizza man prevented the theft and gave chase, but was unsuccessful and the man escaped.

Later, when questioned by the police, Cortez, regrettably, was unable to provide any additional information.

Shortly after the police departed, the suspect was seen between two houses. Several neighborhood residents, including Cortez took up the pursuit. She took a special interest in this case because her own Mustang had been stolen.

During the chase, the suspected car thief climbed a fence and jumped from a boat dock into Wells Lake. Unfortunately, he could not swim.

When Cortez arrived on the scene, several bystanders were observing his struggles in the water. She was concerned as the man appeared destined to turn from a thief into a drowning victim.

After several unsuccessful attempts to throw a life preserver to him, Mrs. Cortez scaled the fence and swam to the struggling man carrying the life ring. She pulled him back to shore where waiting police officers quickly apprehended the young man.

Not many people display such courage. HS-15 extends sincere thanks to Mrs. Cortez for taking a “Red Lion Bite” out of crime and for helping save this man’s life.



# 'Stand For Children': Jax commands help program

*Continued from page 1*

With about 800 people involved, the Jacksonville Stand For Children event had the largest turnout to date, according to event coordinators.

Barbara Florio of the Monique Burr Foundation Children Crisis Center, attributed much of the walk's success to Navy participation. She said, "You have once again surpassed expectations and have made a dramatic impact on the growth and status of this annual event! We believe we had 50-75 percent more participants than last year!" She continued, "Next year I would love to see 1,500 plus walking across that bridge!"

The NAS Jacksonville Color Guard kicked off the event by parading the colors as NAS Jacksonville's MS2 Chevy Broderson sang the National Anthem.

This was followed by a diverse group of nine service members, provided by the Volunteer Service Council, delivering the "Community Prayer For Children" as the invocation.

Officially representing the Navy, NAS Jacksonville Commanding Officer Capt. Mark S. Boensel then delivered the opening remarks.

Several Navy activities pitched in to support the event.

The NAS Jacksonville Operations Department Boat House provided a 40-foot vessel for tours which were conducted by EM2 James Bowman and EN2 Sherri Coverdale.

Also on hand was a fire engine from the NAS Jacksonville Fire Department. The firefighters brought along their fire prevention mascot "Sparky" (Cindy Dean) to entertain the children and they set up an information table manned by DoD Fire Inspector of the Year Douglas M. Thomas.

NAS Jacksonville Security's mascot



**Navy and community volunteers united for children. Shown above are Zeta Phi Beta Sponsors Josetta Arnold and Betty Moore; MMCS(SW/AW) Arden Battle and Dianne Parker, FFSC, Barbara Florio of the Monique Burr Foundation Children Crisis Center, AG2 Anjail Weaver of the NLMOF and Wihelmena Nash, NAS Jax FFSC.**

"McGruff the Crime Dog (MA1 Mitchell Payden) was also on hand with MACM Tom Peal as escort.

The NAS Fleet and Family Support Center (FFSC) provided a display and information table with Dianne Parker and Wihelmena Nash handing out useful information.

NavSta Mayport and NAS Jacksonville teamed up to provide a weather balloon launch demonstration.

Commander, Helicopter Anti-Submarine Wing, U.S. Atlantic Fleet (ComHSLWingLant) Surface Rescue Swimmer School provided a Search and Rescue (SAR) static display and information table manned by AW1 Daniel Wilson, HMC John D'Ercole and PR1 Donnell McClerklin.

Also at the event was a U.S. Customs' high speed boat with an information table manned by Al Williams and

Lee Jefferson.

The U.S. Coast Guard drew a rousing response from the crowd, performing the grand finale for the event, a man overboard demonstration on the St. Johns River. Featured in the demonstration were BM2 Ryan Davis, BM2 Owen Bining and SA Shannon.

By the time the day was over, the participants went home with an enhanced awareness and focus on children's issues and determined to continue to "Stand For Children" every day of the year.



**EM2 James Bowman (not shown) and EN2 Sherri Coverdale conducted tours of the NAS Jacksonville Boat House's 40-foot boat.**



**Cindy Dean, NAS Jacksonville Fire Prevention Mascot "Sparky" and DoD Fire Inspector of the Year Douglas M. Thomas man greet people at an information booth.**



**AW1 Daniel Wilson, PR1 Donnell McClerklin and HMC John E. D'Ercole of the ComHSLWingLant Surface Rescue Swimmer School hand out information.**



**NAS Jacksonville Commanding Officer Capt. Mark S. Boensel joined Security's "McGruff" (MA1 Mitchell Payden) and "Sparky" the Station's fire prevention mascot.**

# NCTS's Knox closes final chapter of his Navy Career

**By IT2 Patrick M. King**  
*NCTS Public Affairs*

IT1 George Knox Jr., Naval Computer and Telecommunications Station (NavComTelSta) Jacksonville EKMS Custodian and CAW Supervisor, closed the final chapter of his 20-year Navy career when he retired May 31 in a ceremony at the Armed Forces Reserve Center.

Knox was born in Baltimore, Md. on Jan. 22, 1963. After graduating from Paul Lawrence Dunbar High School in Baltimore, he joined the U.S. Navy in September 1980 under the Delayed Entry Program and went action duty in July 1981 at the young age of 18. He attended boot camp in Great Lakes, Ill. from July through September 1981. After basic training, Knox was ordered to Radioman Class "A" school in San Diego, Calif. as a Seaman Recruit. Next he was bound for Commander Oceanography Systems Atlantic, Norfolk, Va.. After a successful tour in Norfolk, he received orders in 1983 to his first of many ships to Staff Commander Sixth Fleet Forward Deployed Augment. There, he had the pleasure of serving onboard the USS Puget Sound, USS Coronado, and onboard the USS Belknap. After receiving numerous awards and commendations onboard staff, it was time for shore duty once again.

In 1987, he received orders to Naval Communications Area Master Station Atlantic, Norfolk, Va. There, he learned the true meaning of the word Radioman. He worked as a Technical Controller Supervisor, Cryptographic Supervisor and Defense Communication Agency Manager for the next three years. In 1990, eager to participate in the Gulf War, he volunteered and received orders to the USS LaSalle, Manama Bahrain. Again, he



**IT1 George Knox, Jr. and his wife, Glynis, are piped ashore following his retirement.**

received numerous awards and commendations. In 1992, he took orders to the USS La Moure County, Norfolk, Va. There, he met his wife, Glynis Cheryl Weatherspoon. Appreciating and longing for overseas duty, in 1994 he received orders to Commander U.S. Naval Forces Central Command, Manama Bahrain where he was instrumental in the crossover of all military commands from paper to multimedia. After a successful tour there, he re-

ceived orders to AEGIS Training Support Group, Mayport, Fla. While stationed there, he and Glynis were married. In 1998, he reported here for his final duty assignment.

Knox' awards consist of the following, Navy Commendation Medal, Navy and Marine Corps Achievement Medal (three awards), Combat Action Ribbon, Joint Meritorious Union, Navy Unit Commendation (three awards), Meritorious Unit Commendation, Battle "E"

Ribbon, Good Conduct Medal (five awards), Navy Expeditionary Medal, National Defense Service Medal, Southwest Asia Medal (three bronze stars), Armed Forces Service Medal, Sea Service (six awards), Coast Guard Special Ops Service Ribbon, Navy and Marine Corps Overseas Service Ribbon, NATO Medal, Kuwait Liberation Medal from Kuwait and Saudi Arabia.

Knox and his wife will continue to reside in Jacksonville.



# Navy launches web E-Learning

PENSACOLA, Fla. (NWS) - The Chief of Naval Education and Training (CNET) has taken another giant step to "transfer more knowledge to more Sailors, faster and at less cost" with the official opening of "Navy E-Learning," the next generation of distributed learning technology.

"The new Navy E-Learning web site offers more than 800 information technology (IT), 350 professional soft-skill (management and leadership courses) and 37 military courses, via a single, integrated portal on the World Wide Web," according to Bill Dyas, CNET's head of the Distributed Learning Branch in the Education and Strategies (ETS) division.

The information technology courses range in scope from beginning computer applications, such as Microsoft Word, PowerPoint, Access and Excel to local area Network/Wide Area Network (LAN/WAN) administration and programming/development. Soft-skill courses will encompass leadership, management and other professional development curriculum. Navy courses include damage control petty officer, Introduction to the Naval Reserves, the Department of Navy Chief Information Officer (DON CIO) Systems Thinking as well as command and control, communications, computer and intelligence, surveillance, reconnaissance/information operations (C4ISR) courses. Course options will expand as Web-based courses are acquired from industry and Navy courses are converted for web delivery.

"Navy E-Learning is truly a big step forward for our Navy," said MCPON(SS/SW/AW) James L. Herdt. The goal of Navy E-Learning is to provide access to courses that provide the knowledge and skills the Navy workforce needs to empower themselves and foster lifelong learning habits. Individuals logging into Navy E-Learning will be able to control the time, place and extent of learning. Herdt continued, "The Navy E-Learning is the perfect example of Sailors gaining more and more opportunities to grow professionally. You'd be hard pressed to find an organization that gives its people more opportunities to realize their full potential."

Other capabilities of the new Navy E-Learning Web site are access to Navy and Department of Defense training, education, video teletraining course catalogs links, training and professional development information and a cyber cafe. Students may study with other classmates via the online chat and capability of the cyber cafe, as well as access newspapers from around the world and search education, training and professional development references and links.

Information on the Navy College Program, which streamlines and enhances a Sailor's opportunity to earn a college degree while on active duty and information from the Navy Advance-

ment Center can be accessed via Navy E-Learning. Users can search catalogs for courses by identifying skills or occupations. They can identify personal skills they want to improve, assess their level of proficiency, track improvements and identify Navy E-Learning courses aimed at developing the selected skills. Navy E-Learning will also manage and track record course usage and completions.

This program is available at no cost to all Department of the Navy personnel and their families enrolled in Defense Enrollment Eligibility Reporting System (DEERS). This includes active duty, Reserve members, civil service employees and active duty family members. Naval personnel with access to the Internet, either from work or home, can log onto Navy E-Learning at their convenience. For Sailors on ships without continuous Internet access at sea, initiatives are underway to access web courses and other online resources by December 2002.

Soon, users looking for courses will find them based on their pay grade, rating, designator and Navy Enlisted Classification Code. Each phase will provide greater capability, more variety of Navy and industry developed courses, access to colleges offering courses through the NCP on the World Wide Web and improved course and student administrative functions that can be distributed to the command level.

Visit Navy E-Learning at [www.navylearning.com](http://www.navylearning.com), or [www.navylearning.navy.mil](http://www.navylearning.navy.mil). A help center is available daily via e-mail at <mailto:nlhelpdesk@cnet.navy.mil>. Toll free help numbers are listed at [www.navylearning.com/help/index.cfm](http://www.navylearning.com/help/index.cfm).

*Navy E-Learning Web site is best viewed at 800 by 600 dpi or higher, 256 colors or more. Windows NT and 2000 users should have 128MB RAM. Windows 95, 98, and ME users should have 64MB RAM for best performance. For Internet Explorer users, the Web site will be viewed better in the 5.5 version.*

## Hey, Money Man!



### Hey, MoneyMan!

I attended an indoc last week and the guy from the Credit Union was talking about saving money and becoming a millionaire. I am 20 years old and an E-4 and I can barely pay my monthly bills. Besides, I don't think I will ever make enough money to save any because military pay is not that much. Why are Sailors being told to save and invest money they do not have?

### MoneyMan Sez:

The amount of money you "have" each month is determined by subtracting the money you spend from the money you earn. We all make choices about how we spend our money. I be-

lieve that each of us should try to pay ourselves first before we accumulate other bills. How much should we pay ourselves? Try at least 5 to 10 percent of your base pay. If you do pay yourself 10 percent of your base pay and you make Chief Petty Officer, you should have well over a million dollars when you reach age 60. Keep in mind, your life expectancy is around 80 years and continues to increase.

Why will you need so much money when you stop working? Inflation. If inflation is kept under control and maintained at 3.5 to 3.7 percent per year, prices will still double every 20 years. That means that a \$20,000 car today will cost \$40,000 in year 2021 and \$80,000 when you are 60 years old. A \$100,000 house today will cost \$400,000 in 40 years.

Sounds impossible? Let's walk the dog backwards. The average price of a car in 1980 was \$7,200. In 1960, it was \$2,600. The average price of a house in 1960 (40 years ago) was \$12,700. Of course, the average income then was only \$5,200 annually. Income has gone up for sure, but so have prices. Keep in mind, if you do not save for the future, prices will still go up. Your best bet is to start your savings plan as soon as possible. For sure, you will be better off than your buddy who does not save.

*More questions? Call Hey MoneyMan! at 778-0353.*

# NAVY NEWS

## 9,000 Sailors overpaid, software error blamed

WASHINGTON (NWS) - Some Sailors, soldiers and airmen will find less money in their paychecks for a while, thanks to a software glitch that overpaid them since January, Defense Finance and Accounting Service officials said. The officials noted the error did not withhold the correct Social Security contributions of some 9,000 Sailors, 5,600 active duty soldiers and 1,000 airmen.

Linda Chapman, deputy disbursing officer for Personnel Support Detachment Jacksonville, said 96 Sailors from NAS Jacksonville and tenant commands were affected. "A lot of these individuals don't even know it. Very few people will notice it until the actual debt (payment) occurs," Chapman said 30 of the 96 Sailors who were overpaid by more than \$100 should have the matter corrected by the end of July. The other 66 should have already have had their pay corrected. She invited Sailors with questions on this matter to call her at 542-4217, Kathy Donaldson at 542-4207 or Thomas Irvine at 542-4229.

The software error has been fixed, but the affected members owe the government money. About 8,100 of the service members owe less than \$120 and should have seen the debt deducted from their end-of-month pay for May, officials said. They noted that members who owe more than \$120 will see partial deductions in their mid-June, July and August paychecks. The DFAS officials said about 150 service members overpaid Social Security because of the software error and should have received refunds in their end-of-month pay for May. DFAS has been working with the services' military pay offices to alert affected service members, officials said.

Paymasters are working with troops on a case-by-case basis to minimize financial hardships, they added. Social Security contributions appear on a service member's leave and earnings statement as FICA (Federal Insurance Contribution Act) Taxes. For more information, Navy members can contact their local disbursing office.

## Common Access Cards begin replacing ID cards

PATUXENT RIVER, Md. (NWS) - Green is definitely passe. The green military identification card, that is, now that the common access card (CAC) is en vogue. In fact, the CAC is not only replacing military ID cards, but also those of the Department of Defense civilian workforce and many contract personnel. The CAC is now the mandated standard identification card for all military, civilian, eligible foreign national and many contractor personnel. It features "smart card" technology — a computer chip that enables specific information about the cardholders and establishes positive digital electronic identification through the use of public key infrastructure (PKI), bar codes and a magnetic stripe. Nearly half of the 16,000 employees

and military personnel stationed at Naval Air Systems Command (NAVAIR) Patuxent River, Md., are already sporting the card. NAVAIR was chosen as the first command to receive the common access card for two reasons: the proximity to Navy leadership in Washington, D.C., and the implementation of the Navy Marine Corp Intranet (NMCI) there. "We really tried to perfect the CAC-issuing process here," said Darryl Allen, an information assurance specialist with NAVAIR and NAVAIR's CAC Implementation Team lead. "We've run thousands of people through the system since March to help DoD find problems in the process and with the software." With the test phase nearing completion, CAC teams are forming at DoD sites coast-to-coast. The first Navy site on the West Coast to issue the new smart card was Navy Base Ventura, Calif., where the card has been issued since early April. "At this point the card is only being used for access to military bases," Allen said. "Right now CAC is just an identification card for the workforce, but eventually that will change." Exactly what will change depends on how individual stations choose to use the card, but according to Allen, the big push for CAC is to support the security features of NMCI. "CAC will be the access token used for NMCI network logon," Allen explained, "and it will serve as the PKI

token for digitally signing and encrypting e-mail." "Once initial issuance has been accomplished, the technology will be exploited by the DoN (Department of Navy) with the potential to greatly improve business processes, information assurance, mission effectiveness, and quality of life," Allen said. "The CAC may eventually contain department-wide and/or component-specific applications such as manifesting, deployment readiness, food service and medical/dental." NAVAIR is piloting CAC for the DoN, but some smart card applications are already in use at other Navy sites, including: SmartImmune and Smart Dental (at Naval Training Commands); warrior readiness and weapons issuance (on bases in Oahu, Hawaii); food service (at Naval Training Commands); and quarterdeck control and property accountability (on selected ships). "By the end of fiscal year 2002, every military member, Reservist, civilian employee and on-site contractor in the Navy will have a smart card that they will be able to use in their daily lives," predicts Rob Carey, director of the Navy Smart Card office. "Smart cards truly will be your passport to the e-world." For more information about the new DoD smart card, go to <http://www.dmdc.osd.mil>. More information about the Naval Air Systems Command can be found at <http://www.navair.navy.mil>.

## Jax Tales

By Mike Jones - [mikejones43@hotmail.com](mailto:mikejones43@hotmail.com)



# 'Scouts' cruise to country music

## Entertainer Chad Brock brings show to USS Enterprise at sea

By Lt.j.g. Jeffrey S. Coker  
VS-24 PAO

In the giving tradition of Bob Hope, country singer, Chad Brock, visited the USS Enterprise (CVN-65) May 20 and entertained the front line troops. Performing a variety of songs from his collection, including, "She Said Yes," "You," and "Ordinary Life," his singing and stage presence kept the audience riveted for over an hour while underway in the Mediterranean south of Corsica. All



**Country star Chad Brock performs aboard the USS Enterprise.**

hands were mesmerized by his personable nature as he invited Sailors up on stage to dance, ask questions and enjoy a pleasurable up close experience with a man that once used to be a Navy Personnelman.

Twenty minutes into the show, the Sea Control Squadron (VS) 24 "Scouts" very own ADCS Antoinette Euvard, tossed her "Scout" ball cap on stage. Without missing a beat, Brock tossed his Enterprise Ball cap aside, picked our VS-24 cap and wore it for all to see and revel for the rest of the evening. Minutes later, the front rows of chairs were removed and the area was alive with Sailors line dancing and two-stepping their way into the night; a welcome relief from the toil of daily flight operations. Thanks to MWR and the Sailors of USS Enterprise



**AA Jorge Hernandez is a newly qualified "Scout" Plane Captain.**



**Newly promoted Lt. Dennis Lloyd is congratulated by "Scout" Skipper Cmdr. Brian Luther.**

and Carrier Air Wing Eight this night will be chronicled as one for the history books.

In other "Scout" news, Skipper Cmdr. Brian Luther held quarters just prior to the concert. Lieutenants Jake Abrams, Jeremy Hankins, and Dennis Lloyd were all promoted to their present rank as was Lt.j.g. Danielle Lukich. Nine Sailors were awarded their hard earned Plane Captain (PC) designations. The designation is only granted to those that have shown they have a thorough knowledge of the

safe handling and servicing of the S-3B. "Viking." After many hours working among the hazards associated of flight operations on the carrier's "roof", these Sailors were recognized for attaining their PC requirements: AD3 Robert Carroll, AE3 Neal Pass, AE3 Amy Larson, ATAN Joshua Bland, ADAA Tavaris McDuffie, AA Jorge Hernandez, AA Ryan Dooly, AA Banny Lazarenzochavez and AA Nicole Simones. "Scouts Rule!"

# 'Scouts' partake of Palma's pleasures

By Lt.j.g. Jeffrey S. Coker  
VS-24 PAO

After a quick trip across the Atlantic Ocean, the Sea Control Squadron (VS) 24 "Scouts" entered the Mediterranean Sea early on the morning of May 7. The flight deck was filled with Sailors taking pictures of the famous "Rock of Gibraltar" as we passed through the same straits that were traveled by the likes of the Spanish Armada, the Barbary Pirates, and the Jeffersonian Navy. After the short history break, it was back to work for the crew of USS Enterprise (CVN-65) and warriors of Carrier Air Wing Eight (CVW-8).

In an effort to keep the tip of the spear as sharp as ever, the "Scouts" flew varied training missions in support of CVW-8 to include the standard complement of aerial refueling, bombing, and War-at-Sea exercises. On May 5, Skipper Cmdr. Brian Luther held quarters and recognized the following individuals for their outstanding contributions to both mission and



**Palma, Spain seen from the flight deck of USS Enterprise (CVN-65).**

morale. AN LeeAnn Taylor received Junior Sailor of the Month, AM3 Shandy Miller received "Scout" of the Month, and AZ1(AW) John Graves received Senior Sailor of the Month. These three Sailors were honored for their exceptional work ethic while in VS-24 over April, 2001. Also given Letters of Commendation for their superior efforts prior to joining the "Scouts" were AME1 Jon Gussler, AT1 Stephen Putelnik, AM2 Wayne Budke,

and AT3 Joshua Glover. Additionally, MS2 Callie Wolffis was praised for her unparalleled ability to manage the Combined Bachelors Quarters front desk during this past Christmas season.

On May 10, much to the delight of all, the USS Enterprise (CVN-65) set anchor off Palma, Spain, for the first of many port calls. Led by their fearless executive officer, Cmdr. Ronald Robinson as Senior Shore Patrol Officer, VS-24 Sailors departed the boat as worthy

ambassadors of the United States, with rest and relaxation on their minds and adventure in a foreign port the mission. Several tours were provided for the Sailors including cave exploration and scenic trips by boat, bus, and even a century old, wooden train. For anyone who had not been to the Mediterranean before, the Spanish Riviera with its unique food and culture provided a welcome change. For the "Scouts," during the day, the beach was rife with Americans in search of a tan and at night, the Sailors partook of the local cuisine and nightlife.

Much to everyone's dismay, the "Scouts" escaped the siren cry of Palma on May 14 and steamed back out to sea to continue the at-sea portion of our mission. Supporting the French Navy's requirements, the aircraft of CVW-8 have been flying missions as the Opposition Force to a French Carrier Battle Group, led by the newest French aircraft carrier, Charles De Gaulle.

Next stop, Cannes!  
"Scouts Rule!"



## 'TOPCAT IN THE SPOTLIGHT' AO3 Dennis Hernandez

By Lt.j.g. Josh Keever  
VS-31 PAO

AO3(AW) Dennis O. Hernandez was born in Los Angeles Calif. His parents are originally from El Salvador and both still live in Los Angeles. Hernandez's father is an aircraft mechanic for Delta Airlines, and his mother is a housekeeper. Hernandez has two brothers, Christopher and Anthony.

Dennis graduated from John F. Kennedy High School in Granada Hills, Calif. He played baseball for three years, and won two high school championships as the Cougars' third baseman. Hernandez joined the Navy in 1998 and marched off to Boot Camp in Great Lakes, Ill. He attended Ordnanceman (AO) "A" School in Pensacola Fla. and reported to Sea Control Squadron (VS) 31 in 1999. Hernandez went straight to

the "Topcat" Ordnance shop and has made a tremendous impact with his fast learning, and high motivation. Hernandez loves being part of the mighty and distinguished "Topcat" Ordnance team and is very proud of the shop's ability to perform well under pressure.

Recently, the "Topcat" Ordies completed Conventional Weapons Technical Proficiency Inspection and Sea Control Advancement Readiness Program events with the safe fuzing and expenditure of more than 90,000 pounds of live ordnance. Hernandez believes that being an Ordie is a distinct honor.

Hernandez is currently taking classes at Florida Metropolitan University and is on track to graduate with a Criminal Justice Degree with an emphasis in Business. We congratulate Hernandez as this week's "Topcat in the Spotlight."

## 'Topcats' Cody reenlists, stays Navy two more years

By Lt.j.g. Josh Keever  
VS-31 PAO

HT1(aW/SW) Patricia Cody reenlisted with VS-31 in a rare flight ceremony held on May 18. HT1 Cody flew her reenlistment hop with Lt. Cmdr. John Gasperino, Lt.j.g. Brian Sinclair and AD2(AW) Jose Flores. She was administered her Honorable Discharge and Reenlistment Oath by Sinclair while flying in aircraft 706 within the confines of Warning Area 158 (W-158).

Cody was born in Wichita, Kan. and started her Navy career at NTC, Orlando, Fla. in July of 1985. After graduating from Boot Camp she received her first set of orders to Naval Damage Control Training Center, Philadelphia, Pa. for "A School." In December 1985, her orders took her to the USS Sierra (AD-18) where she served in the R-1 division as a general craftsman in the Shipfitter and Sheetmetal shops and the R-5 division as HT Technical Assistant/Rigger. She moved on to shore duty with Shore Intermediate Maintenance Activity, Charleston, S.C. in September 1987.

Cody would continue her Naval Service in the Reserves with Shore Intermediate Maintenance Activity in New Orleans, and then San Diego. While still in the Reserves, she spent time with the

USS L.Y. Spear (AS-36), based in Norfolk, Va. from May 1989 to March 1990. After receiving active duty orders again, Cody checked into Shore Intermediate Maintenance Activity, Portsmouth, Va., where she was Sheetmetal Shop Leading Petty Officer (LPO) from April 1990 till May 1992. She moved on to the USS Pudget Sound (AD-38) and was assigned to Quality Assurance (QA) Division as Nuclear QA Supervisor. In October 1995, Cody returned to the USS L.Y. Spear as the Floor Supervisor and General Craftsman for Repair Tender Division. Following a three-year tour with Naval Submarine Support Facility (NSSF) as LPO of the Sheetmetal Shop and Divisional Career Counselor, Cody checked into VS-31. Since December 1999, she has been instrumental as the Leading Petty Officer (LPO) for the "Topcat" First Lieutenant Division.

Her awards include four Navy Achievement Medals, Three Navy Unit Commendation Medals, the Battle "E" Ribbon, the Armed Forces Expeditionary Medal and various theatre deployment and service ribbons. HT1 Cody resides in Orange Park with her husband, James, and their daughter, Jessica. The "Topcats" would like to congratulate Cody on her decision to continue her career with the U.S. Navy.



HT1 (AW/SW) Patricia Cody poses with the flight crew. Left to right are Lt.j.g. Brian Sinclair, Cody, Lt. Cmdr. John Gasperino and AD2(AW) Jose Flores.

## Car Show benefits NMCRS

This year's Memorial Day Rod Run held aboard NAS Jacksonville Memorial Day weekend was dedicated to Steve Anderson, a long time member of the Jacksonville Rod Runner Car Club Anderson passed away recently after a long illness. The 30th Annual Run started at the Holiday Inn of Orange Park, Friday night and concluded Sunday evening. The car show was held at the Master ASW Base's service entrance. Some proceeds from the event as well as a

raffle during the show raised money to benefit Navy Marine Corp Relief Services. The raffle winnings were \$3,000, a new 350 Chevy motor, and 18 yards of upholstery. There were 450 cars at the event, not including the Rod Runners that participated in the event.

Pictured below is the "Best of Show" award winning entry, a 1937 Ford Roadmaster. The owners of the best of show car are Ron and Andree Hassel.



## FCCJ Summer B Schedule

Florida Community College of Jacksonville announces "B" term schedule. The "B" term is from June 27 - Aug. 9. Class times are 5-8:30 p.m. and 5-9:30 p.m. where noted by an \*. Where noted by 2 \*\* the times are 5-10 p.m. The times of 8:30 a.m-1 p.m. are noted by 3 \*\*\*. Registration for courses began March 26 and payment is due by June 18. Contact number for FCCJ Naval Air Station Jacksonville is 771-3979.

<u>Course#</u>	<u>Course Title</u>	<u>Days</u>	<u>Bldg.</u>
CGS 1060	Introduction to Computers	M/W *	110
ENC 1102	English Composition II	M/W	1000
EUH 1001	Western Civ.; 1715-present	M/W	1000
GLY 1001	Earth & Space Science	M/W	1000
HUM 2236	Humanities: 15th -20th Cent.	M/W	1000
MAT 0024	Elementary Algebra	M/W *	1000
MAT 1033	Intermediate Algebra	M/W *	1000
AMH 2020	U.S. History II	T/TH	1000
CGS 1570	Microcomputer Appl. Soft.	T/TH *	1000
ENC 1101	English Composition I	T/TH	1000
MAN 2021	Principles of Management	T/TH	1000
SYG 2000	Introduction to Sociology	T/TH	1000
SPC 2600	Fund. Speech Comm.	T/TH	1000

### Day Classes

HUM 2211	Humanities: Foundations	M/W	110
CGS 1550	Introduction to Network	T/TH **	110
ENC 1102	English Composition II	T/TH	110

# 2001 Jax Metro Vendor Fair asks 'Who wants to be a Millionaire?'

By JO3 Jackey Bratt

On June 7 the Morale and Welfare Recreation staff hosted the annual ITT 2001 Travel Fair outside the NAS Jax Exchange. Fifty-six vendors were there to promote their products to local Sailors and their families.

"This is a good time for people to take advantage and see all the travel programs available to them," said, Kristen Kea, director of travel.

She also pointed out that the travel packages offered through ITT are great ways to venture out into the community.

"For example, wives who have husbands deployed can pack up the kids and let ITT arrange for a fun weekend."

Despite the heat, many showed up to

compete for a \$250 shopping spree donated by ITT. People sat at a table and played against a computer version of "Who wants to be a Millionaire." Steve Pinkham was the winner of the game.

"I promised my children I would take them to Disney World" he said as he smiled from ear to ear. The \$250 will help with the costs of a day's fun at Disney World.

Vendors were raffling off many prizes. To name a few of the gifts one had a chance of winning, Medieval Times raffled off dinner for two, the Hyatt Orlando raffled off a two night stay, and Universal Studios gave away two passes.

The vendors included, Ameri-Suites Universal, Cypress Gardens, Medieval Times, Hampton Inn, Magical Memories, Hyatt Orlando, Westgate Resorts, Tollman-Hundley Hotels,

Howard Johnson Enchantedland, Ripley's Believe It or Not, Universal Studios, Pirates Dinner Adventure, Four Points Sheraton Lakeside, Larson Inn Family Suites, Fun Spot Action Park, Walt Disney Resorts, Enterprise, Double Tree Hotel, Travel Lodge Hotel, Holiday Inn Kissimmee, Wet N Wild, ClubHouse Inn, Radisson Barcelo Hotel, Hampton Inn, Armed Forces Vacation Club, La Quinta Inns, Sleuth's Mystery Dinner Show, Ho Jo Inn, Holiday Inn, Jacksonville CVB, Albany Chamber, World Golf Village, Anheuser-Busch Adventure



**Pam Tierney, Joyce Capling, Joan Alessi, Beff Green, and Kristen Kea, ITT staff were very pleased with this year's Vendor Fair.**



**Kristen Kea, ITT Director of Travel presents a check for \$250 to Steve Pinkham, winner of the "Who wants to be a Millionaire" game. Pinkham defeated many people playing the online computer game provided by ITT's management.**



**Many families supported the Travel Fair despite the heat that the week brought.**

Parks, Savannah Suites, AHOY Cruises and Tours, Days Inn, Best Western, Fairfield Inn, Bayharbor Marketing, Old Savannah Tours, Wild Adventures, and Jax Raceways.

For more on how ITT can help make your summer travel dreams come true see pages 16 and 17.



# ITT Trips Summer 2001



Looking for things to do with your family during your summer liberty time? The NAS Jacksonville Morale, Welfare and Recreation Department's Information, Tickets and Tours (ITT) office has lots of events and activities planned this summer. Most of the planned excursions are not too far away and include some great discounts for active duty military and their families.

Following are some of the adventures available through ITT in June, July and August:

**Tomcats Express** - June 15, 22 and July 13, 14 - Sporting events bring families and friends together, so come cheer on the "Tomcats," football team. The fee of \$10 a person includes shuttle and ticket.

**Cumberland Island Adventure** - June 16 - Participants first tour the island with a park ranger, exploring the island and taking in the wild life that abounds in this North Florida treasure, including the famous Cumberland wild horses. Then there's still plenty of time to just relax on the beach.

**Deep Sea Fishing Trips** - June 17, July 15- ITT is going out on a half-day fishing trip. The boat goes out 9 to 15 miles to give you a great opportunity to catch some Red Snapper

for dinner. Everything that you need to fish will be supplied at a cost of \$38.25 for adults and \$33.25 for children and seniors. Another fishing trip that will go out 20 to 30 miles is scheduled for July 15. Cost is \$55.

**Disney Trip** - June 21 - Have a full day of fun and leave the driving to ITT. The cost is \$57.75 and children \$48.75. The shuttle is only \$14.50.

**Historic Savannah!** - June 23 - Visit one of the most beautiful cities in the south. After an early start, participants will have a full day to see the city. The first stop will be the visitor's center where you can take a guided tour with one of the knowledgeable tour guides. Following the tour you will have the rest of the day to explore the city, visit historic buildings, have lunch in one of the great restaurants and shop. Cost is \$23.75.

**North Florida Adventure** - June 30 - Ride with ITT to Amelia Island to visit the well-preserved civil war fort, Fort Clinch. Spend time wandering around the four acre interior of the fort and see the park rangers in their period costumes. Then visit Fernandina Beach and see historic buildings followed by free time for shopping and lunch. Finally, tour the Budweiser Brewery. The price is only \$8 per person with an optional \$10



Summer Waves water park in Jekyll Island





Daytona International Speedway

history tour of Fernandina Beach.

**4th of July Splash** - July 4 - Make a splash this Independence Day at Summer Waves Water Park on Jekyll Island. Spend the day spiraling down the Tornado Slide, or float in the Slow Motion Ocean. Transportation and ticket is only \$18.50 and children 48 inches and under are \$16.50. Deadline to sign us is noon the day prior.

**La Cruise Casino** - July 6 - Cruise into the sunset with La Cruise Casino. Enjoy dinner before setting sail for a night of cool ocean breezes and hot casino action. Your trip includes dinner,

boarding fee, and transportation for only \$23.25.

**Pepsi 400 Shuttle** - July 7 - Rev up your engines for the Pepsi 400 Daytona Speedway Race. Save yourself the headache of traffic and parking, ride with ITT. Cost for round trip transportation is only \$8. Spaces are limited, sign up today.

**Daytona Flea Market** - July 14 - Visit the biggest flea market and shop more than 1,000 vendors with wares as diverse as antiques to housewares. Flea market has 14 snack bars and air-conditioned restaurants. Cost for the trip is only \$10 per person. Sign up by noon the day prior.

**Ichne-tucknee Springs Tubing Trip** - July 21 - Float down the crystal clear Ichne-tucknee River with ITT. Be part of a nature while viewing native wildlife. Trip includes a 3-hour float trip, transportation and a picnic lunch for \$19.50 adults and

\$18.50 for children 60 inches and under. Sign up by noon the day prior.

**Wet 'N Wild** - July 28 - Having a good time is no sweat at Wet N Wild in Orlando. The park offers plenty of rides, slides and attractions for the whole family, including the new raging body coaster - The Storm. Trip includes ticket and transportation; adults \$29.50 and children 3-9, \$25.25. Sign up by noon the day prior.

**White Water Rafting** - July - Plans for this trip are still be finalized. Contact the liberty coordinator for details at dbuddock@nasjax.navy.mil.

**Overnight Escape** - Aug. 4 - Visit beautiful Central Florida on a shopping and garden tour. Includes tours of Hollis Gardens, Lake Eloise and a great buffet dinner on the Southern Breeze dinner boat, hotel stay at Best Western Admirals Inn and a day Cypress Gardens. Cost for this weekend getaway is just \$97 per person (double occupancy).



Walt DisneyWorld, Orlando

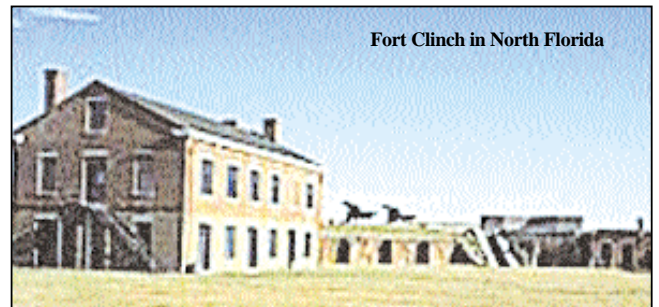
These are just some of the many adventures available through your ITT office, both at the NAS Jax Navy Exchange and at Yellow Water Housing. Both sites offer great discount prices. ITT is the place to find great deals on everything from Jacksonville Raceway tickets and Orlando attractions to NASCAR Weekly Racing. For more information call 542-3318 or go to [www.nasjax.navy.mil](http://www.nasjax.navy.mil) on the web and click the MWR link. The summer is here, come visit ITT and let the adventures begin.



Historic downtown Fernandina Beach



Juliette Gordon House in Savannah



Fort Clinch in North Florida



Cypress Gardens

# MWR NOTES

## NAS Lanes: 542-3493

Second Annual Luau - June 9, 7 p.m.-1 a.m. Come enjoy the beach without the sand! \$25/person. Cost includes bowling, music and food.

## Liberty events: 542-3491/1335

Coming in July: Look for information on a White Water Rafting Trip! For suggestions on trips or events you would like to see at Liberty, please email the Liberty Coordinator at dbud-dock@nasjax.navy.mil.

## Flag Day - Today

Jet ski, kayak, canoe and BBQ at the Marina. Jet ski space is very limited, and you must have a jet ski safety card issued by the NAS Jax Marina in order to use a jet ski. Cost will be \$5 per half hour. Call for more information.

## Skydiving Trip - June 16

Skydiving-need we say more? Cost is only \$125/person. Need a minimum of 5 people to sign up for this rate. Sign up by June 13.

Free Dinner and Movie-Tuesday, June 19

Eat Free subs at Liberty Cove at 6 p.m. then catch the van to the Orange Park Mall for a movie at 6:45 p.m.

**Men's and women's All Navy Softball tryouts** - June 16-17 at McCaffrey Softball Complex. Open to active duty only and personnel are required to bring their personal gear! Call or stop by the Base Gym to sign-up. 542-3239/2930.

**Captain's Cup Racquetball Tournament**-June 18-22. Event is free and open to all NAS Jax active duty. Individual awards are given for 1st, 2nd and 3rd place in Mens and Womens Divisions. 542-3239/2930.

**Dad bowls free this Sunday** from 1 - 4 p.m. with a paid child's game. 542-3493.

**Jacksonville Raceway tickets** on sale at ITT for only \$7.50. Tickets good for Friday night Mud Bogin' and Saturday night NASCAR events. 542-3318.

**Lifeguard training class**-Session One: June 18-June 29, Session Two: July 9-July 20. Anyone 15 years or older interested in these classes call the Aquatics Department at 542-3239/2930.

## Free Movies

Free movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m. Movies are open to all. Bring your own snacks, no alcohol please and please do not leave children under 18 unattended.

June 15, 7 p.m. - *Gone in 60 Seconds* (PG-13)

June 16, 5 p.m. - *Dinosaur* (PG)

June 16, 7 p.m. - *U-751* (PG-13)

June 22, 7 p.m. - *Wrongfully Accused* (PG-13)

## Mulberry Cove Marina: 542-3260

As the weather is getting warmer, the water is looking better and better. Summer Specials include the Camper's Combo- 4-man tent, lantern, stove, and (2) sleeping cots or pads only \$10.

June 16, 17, 30 and July 1-Jet ski special \$25/hour. And don't forget, before you can rent any of the boats, jet skis, or other water craft, you need to complete a Boater Safety Course that's free to take. Call for more information.

Yesterday's Caf   is a step back in time to the 50's era with tunes on the jukebox and handmade milkshakes. The Caf   is located in The Zone on the corner of Jason Street and Saratoga Avenue and is open from 11 a.m.-2 p.m. Check out our Thursday Special of the Month.

## Budweiser Brew House: 542-5009

The Brew House is a full family dining facility located in The Zone on the corner of Jason Street and Saratoga Avenue. The Brew House has two for one specials every Tuesday, come on in and see the line up. Enjoy live entertainment starting at 8 p.m. on Fridays.

## Bambino's: 542-3900

Bambino's is your headquarters for food delivery on base and is running a Wednesday buy one pizza get the second one for half price special after 2 p.m. Free on-base delivery ends at 8:30 p.m. However, pick-up of our delicious pizza and subs is available from 8:30-10 p.m. in the Brew House.

**Outdoor Pool** - Make a splash this season and hold your party of function at the Outdoor Pool Complex. Reservations are first come, first serve. Call 542-3239/2930 and ask for Aquatics today to get your desired date. The cost, which includes certified lifeguards, is \$75 for the first 2 hours and \$25 for additional hours.

*The MWR website is moving.*

*Now you can check out all the latest and greatest of MWR by visiting [www.nasjax.navy.mil](http://www.nasjax.navy.mil) and clicking on the MWR link.*



## AT THE GALLEY

### Meal hours

*Monday through Friday*  
*Breakfast* 6 to 7:30 a.m.  
*Lunch* 11 a.m. to 1 p.m.  
*Dinner* 4:30 to 6 p.m.

*Saturday, Sunday and holidays*  
*Breakfast* 6:30 to 8:30 a.m.  
*Brunch* 10:30 a.m. to 12:30 p.m.  
*Dinner* 4 to 5:30 p.m.

### Meal costs

*Breakfast* \$1.50  
*Brunch/Lunch* \$3  
*Dinner* \$3

Note: The Galley Menu is subject to change. The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

### Thursday

*Breakfast*  
 Sausage Patties  
 Home Fried Potatoes  
 Blueberry Pancakes  
 Assorted omelets  
 Corned beef hash  
 Grits  
 Boiled eggs

### Lunch

Creole macaroni  
 Buttered noodles  
 Turkey gravy  
 Steamed carrot rings  
 Corn bread  
 Taco salad  
 Turkey a la king

Fresh mashed potatoes  
 Steamed cauliflower  
 Beef barley soup

### Dinner - Mexican/Spanish Fiesta

Beef & burritos  
 Mexican rice  
 Stewed tomatoes  
 Spanish soup  
 Soft & hard tacos  
 Mexican corn  
 O'Brien potatoes

### Friday

*Breakfast*  
 Sausage links  
 Omelets and eggs to order  
 Boiled eggs  
 Grilled ham slices  
 Fried hash browns  
 Oatmeal  
 Waffles

### Lunch

Spicy baked fish  
 Steamed rice  
 Tomato gravy  
 Steamed broccoli  
 German style coleslaw  
 Chicken fried steak  
 Rissole potatoes  
 Succotash  
 New England clam chowder

### Dinner

Braised beef w/noodles  
 Baked potato  
 Simmered squash  
 Pepper pot soup  
 Rock Cornish hens  
 Rice pilaf  
 Peas and carrots

### Saturday

*Breakfast*  
 Grilled bacon  
 Cottage fried potatoes  
 French toast puffs  
 Omelets and eggs to order  
 Minced beef w/toast  
 Farina  
 Boiled eggs

### Brunch

Baked chicken sandwich  
 Mixed vegetables  
 Beef rice soup  
 Cottage fried potatoes  
 French toast puffs  
 Onion rings  
 French fried potatoes  
 Grilled bacon  
 Farina  
 Eggs to order

### Dinner

Spaghetti w/meat sauce  
 Steamed carrots  
 Doubly good chicken soup  
 Veal Parmesan  
 O'Brien potatoes  
 Steamed green beans  
 Spaghetti noodles

### Sunday

*Breakfast*  
 Grilled bacon  
 Home fried potatoes  
 Apple fritters  
 Omelets and eggs to order  
 Grits

### Brunch

Chili dogs  
 Corn on the cob

Cream of mushroom soup  
 Home fried potatoes  
 Apple fritters  
 French fried potatoes  
 Baked beans  
 Minute steaks  
 Grits  
 Eggs to order

### Dinner

Barbecue chicken  
 Herbed green beans  
 Rice pilaf  
 Onion gravy  
 Beef balls Stroganoff  
 Cauliflower Parmesan  
 Oven browned potatoes  
 Chicken corn chowder

### Monday

*Breakfast*  
 Corned beef hash  
 Cottage fried potatoes  
 Pancakes  
 Omelets and eggs to order  
 Oven fried bacon  
 Grits  
 Boiled eggs

### Lunch

Beef lasagna  
 Lyonnaise rice  
 Calico corn  
 Beef noodle soup  
 Lemon baked fish  
 Buttered noodles  
 Peas w/onions  
 Marinara sauce

### Dinner

Salmon cakes  
 Oven-glo potatoes  
 Mixed vegetables  
 Chili conquistador  
 Club spinach  
 Garlic bread  
 New England fish chowder

### Tuesday

*Breakfast*  
 Oven fried bacon  
 Hash brown potatoes  
 Boiled eggs  
 Creamed beef w/toast  
 Oatmeal

Omelets and eggs to order

### Lunch

Beef stew  
 Steamed egg noodles  
 Brown gravy  
 Corn on the cob  
 Oven fried chicken  
 Steamed rice  
 Club spinach  
 Chicken gumbo soup

### Dinner

Pepper steak  
 Steamed rice  
 Steamed broccoli  
 Cream of potato soup  
 Baked fish portions  
 Cottage fried potatoes  
 Lima beans

### Wednesday

*Breakfast*  
 Oven baked sausage links  
 Hash brown potatoes  
 Blueberry pancakes  
 Omelets and eggs to order  
 Glazed doughnuts  
 Minced beef w/toast  
 Farina  
 Boiled eggs

### Lunch

Roast turkey  
 Mashed potatoes  
 Collard greens  
 w/ham hocks  
 Beef vegetable soup  
 Corn bread dressing  
 Swedish meatballs  
 Turkey gravy  
 Cream corn  
 Steamed rice  
 Brown gravy

### Dinner

Grilled hamburger steak  
 Potatoes au gratin  
 Succotash  
 Brown gravy  
 Pork chop suey  
 Fried rice  
 Steamed cabbage  
 Old fashioned bean soup  
 Waldorf salad

## COMMUNITY CALENDAR

The City of Jacksonville invites civic, community, school, military and business groups to participate in the Third Annual Independence Day Parade, July 3, at 5 p.m. The parade route begins at Pearl and Water Streets and ends at the Sports Complex. If you are interested in participating with a float, decorated car or other entertaining entry, contact Troy Winn at the City of Jacksonville Office of Special Events at 630-3690 or via e-mail at twinn@coj.net. Opportunities also exist for sponsorship of parade balloons simi-

lar to those featured in New York's annual Macy's Thanksgiving Day Parade. The Independence Day Parade is part of the City of Jacksonville's Freedom, Fanfare and Fireworks, a two-day celebration to honor America. For more information call the Special Events Hotline at 630-3686 or visit our website at [www.coj.net/events](http://www.coj.net/events).

The Jacksonville Zoo roars with excitement this summer. Call the Zoo's hotline at 757-4462 for details on special events from Family Fun Days to Safari

Sleepovers and Summer Camps. The Zoo also is looking for volunteers. New volunteer orientations are held the first Saturday of every month. For information call Bill Allen at 757-4463 ext. 176 or e-mail him at [allenbp@jaxzoo.org](mailto:allenbp@jaxzoo.org).

The 2001 BellSouth Greater Jacksonville Kingfish Tournament is July 9-14 at Sisters Creek Park. Organized by Jacksonville marine Charities the tournament is in its 20th year. The event features sensational prizes including deluxe fishing boats and even a Ford F150 Supercrew pickup and a Ford Explorer. Twenty-five places are paid for largest and aggregate with cash prizes

up to \$20,000. The event features food, music, fireworks and entertainment including the Atlanta Rhythm Section. Information and on-line registration is available at [www.kingfishtournament.com](http://www.kingfishtournament.com) or fax registration request to (904) 745-3188.

Grace Episcopal Church in Orange Park will be hosting the fourth annual Children's Music and Arts Camp from July 9-13 for second through seventh graders. The event will be led by Connie Fortunato, a composer, author and internationally recognized expert in development of children's choirs. For information call 264-9981.

# NAVHOSPJAX NEWS

## Five steps to safer health care

Patient safety is one of the Nation's most pressing health care challenges. A recent report by the Institute of Medicine estimates that 44,000 to 98,000 people die in U.S. hospitals each year as the result of lapses in patient safety.

This following is a list of things you can do to get safer health care. It was developed by Federal agencies in the Quality Interagency Coordination (QuIC) Task Force, in partnership with other health care purchasers and providers. The QuIC and its public- and private sector partners are all working together to make the U.S. health care system safer for patients and the public.

Here are five things that you, the consumer, can do to get safer health care:

- Ask questions. Speak up if you have questions or concerns. Choose a doctor who you feel comfortable talking to about your health and treatment. Take a relative or friend with you if this will help you ask questions and understand the answers. It's okay to ask questions and to expect answers you can understand.

- Know your medications. Keep a list of all the medicines you take. Tell your doctor and pharmacist about the medicines that you take, including over-the-counter medicines such as aspirin, ibuprofen, and dietary supplements like vitamins and herbals. Tell them about any drug allergies you have. Ask the pharmacist about side effects and what foods or other things to avoid while taking the medicine. When you get your medicine, read the label, including warnings. Make sure it is what your doctor ordered, and you know how to use it. If the medicine looks different than

you expected, ask the pharmacist about it.

- Understand tests and procedures. Make sure you get the results of any test or procedure. Ask your doctor or nurse when and how you will get the results of tests or procedures. If you do not get them when expected-in person, on the phone, or in the mail-don't assume the results are fine. Call your doctor and ask for them. Ask what the results mean for your care.

- Discuss your choices. Talk with your doctor and health care team about your options if you need hospital care. If you have more than one hospital to choose from, ask your doctor which one has the best care and results for your condition. Hospitals do a good job of treating a wide range of problems. However, for some procedures (such as heart bypass surgery), research shows results often are better at hospitals doing a lot of these procedures.

Also, before you leave the hospital, be sure to ask about follow up care, and be sure you understand the instructions.

- Understand your surgery. Make sure you understand what will happen if you surgery. Ask your doctor and surgeon:

- Who will take charge of my care while I'm in the hospital?
- Exactly what will you be doing?
- How long will it take?
- What will happen after the surgery?
- How can I expect to feel during recovery?

Tell the surgeon, anesthesiologist, and nurses if you have allergies or have ever had a bad reaction to anesthesia. Make sure you, your doctor, and your surgeon all agree on exactly what will be done during the operation.

## National Mail Order Pharmacy best bet for ongoing prescriptions

For prescriptions you take regularly - such as medication to reduce blood pressure, or to treat asthma or diabetes - the most convenient TRICARE pharmacy option is the National Mail Order Pharmacy. You will save money and time by filling your prescriptions through the mail instead of going to a retail pharmacy.

The Department of Defense National Mail Order Pharmacy is administered by Merck-Medco Rx Services. Through this program, you simply mail your health care provider's written prescription along with your copy to the National Mail Order Pharmacy, and your medications will be sent to you. Refills are a snap via mail, phone or Internet - whichever method you prefer.

For more NMOP related information, please visit the TRICARE web site at

[http://www.tricare.osd.mil/pharmacy/mail\\_order.htm](http://www.tricare.osd.mil/pharmacy/mail_order.htm).

## Deployment web site launched

Service members and reserve units assigned to countries about which they have little or no information can now learn more about potential health risks at those duty stations thanks to a new Pentagon Internet web site.

The name of the new web site is DeploymentLINK.

The DeploymentLink web site will provide deployed troops with detailed, nontraditional health-risk information. Web site users will be encouraged to interact with the staff of the office of the Deputy Special Assistant for Gulf War illnesses by e-mailing comments and suggestions, calling the office, or mailing their ideas to points of contact listed on the web site.

The "frequently asked questions" list

on the new web site will constantly change as letters, phone calls, and e-mails come in. Staffers plan to update the Web site every few days with news written by analysts, Pentagon officials and experts.

The new DeploymentLINK web site is at <http://deploymentlink.osd.mil/>.

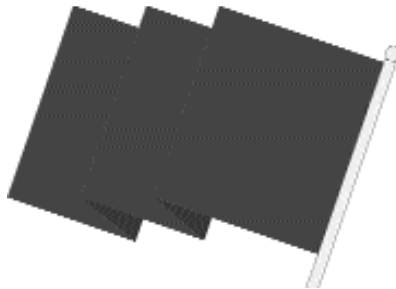
# Flags offer cue for exercise safety in all conditions

Green, yellow, red, black. Know what the colors mean before you exercise.

Northeast Florida can be hot from April through November. The following Navy safety guidelines, colored flags displayed at the NAS Gym entrance on Gillis Street provide visual cues for exercise conditions aboard NAS Jacksonville.

Gym Sports Coordinator Bill Bonser said, "We check with weather and get the WBGT (Wet Bulb Globe Thermometer) reading." The appropriate colored flag is displayed at the gym after comparing the WBGT to the safety guideline.

**Green** - Discretion is required in



planning heavy exercise for unseasoned personnel. This is a marginal limit of environmental heat stress.

**Yellow** - Strenuous exercise and activity should be curtailed for new and unseasoned personnel during the first three weeks of heat exposure.

**Red** - Strenuous exercise should be curtailed for all personnel with less than 12 weeks training in hot weather.

**Black** - Outside physical training and strenuous exercise is suspended for all personnel (excludes operational commitment not for training).

The flag condition can be checked by calling 542-2930/3239.

## Protect your eyes when exercising

WASHINGTON — The summer season is upon us. It's time to start thinking about protecting ourselves from the sun.

Many people are aware that using sunscreen protects their skin from the harmful effects of the sun, but the eyes also need protection.

Although there isn't a topical sunscreen for the eyes, they are just as vulnerable and prone to disease and degeneration if not properly protected from the sun.

According to the American Academy of Ophthalmology, exposure to the sun's ultraviolet rays can cause cataracts and macular degeneration, both of which are leading causes of blindness.

Wearing sunglasses can help prevent such problems. Sunglasses don't have to cost a lot, but make sure they block 99 to 100 percent of ultraviolet rays, says The American Academy of Ophthalmology.

Wearing a broad-rimmed hat also provides additional eye protection.

But the sun's rays aren't the only things the American Academy of Ophthalmology warns against while enjoying this summer weather.

Wear goggles when swimming in the pool, ponds or lakes. Chlorine in the pool can make your eyes red and puffy.

Ponds and lakes may harbor Acanthamoeba, a protozoan that can lodge underneath a contact lens, and cause keratitis, an inflammation of the cornea.

Be careful doing outside chores. Make sure you wear safety goggles when using lawn mowers or other power tools. Stones and debris can cause serious eye injuries when thrown.

Play ball, but protect your eyes. Some of the summer's most popular sports are also some of the leading causes of eye injuries. It is a good idea to wear protective eyewear while playing games such as baseball, basketball and soccer.

Sometimes, after following safety precautions, we still experience eye problems. The following first aid tips may help relieve immediate stress to the eye.

Sand or small debris in the eye: Use eyewash to flush the eye out. Do not rub the eye.

If the debris doesn't come out, lightly bandage the eye and see a doctor.

Blows to the eye: Gently apply small cold compresses to reduce pain and swelling. Don't apply any pressure. Seek emergency medical care if there is pain, reduced vision or discoloration, such as a black eye.

Cuts or punctures to the eye: Bandage the eye without any pressure and seek emergency medical care immediately. Do not attempt to wash the eye or remove any object stuck in the eye.

## Water intake vital to preventing dehydration

### From Bureau of Medicine and Surgery

With warmer weather coming to Northeast Florida, the potential for heat related injury increases as well. This is primarily due to excessive loss of fluids (dehydration).

Symptoms of a heat injury

can include but are limited to:

- Increased fatigue
- Weakness
- Headache
- Muscle cramping
- Anxiety
- Drenching sweats or even hot, dry skin
- Rapid pulse
- Lightheadedness
- Unconsciousness

If not prevented and treated appropriately, heat injuries can be very serious and even life threatening. You can prevent most heat-related problems by drinking plenty of fluids before, during and after exercise.

Listen to your body. When you start to feeling overheated:

- Stop exercising
- Pour water on your head
- Get out of the sun
- Drink plenty of fluids

Failure to drink adequate fluids can lead to dehydration.

Seek medical attention if your body temperature does not respond to these self-help efforts.



# JAX SPORTS

## Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball and softball leagues. Experience is not required. If you are interested in officiating or scorekeeping, contact Al Vandercar at 282-0809.

## All Navy Softball Tryouts June 16-17

Tryouts for the men's and women's All Navy Softball Team will be conducted at the NAS Jax McCaffrey Softball Complex from 8-11 a.m. and 5-7pm. Tryouts are for active duty personnel only and will be conducted by Anthony Saldivar. To sign up, call NAS Jax Athletics at 542-2930/3239.

## Navy Southeast Regional Running and Triathlon Team seeks members

Are you a competition runner? Would you like to represent the U.S. Navy in 5k, 10k, marathons, and/or triathlons? The U.S. Navy will showcase elite active duty men and women in regional races. Uniforms will be provided as well as transportation, entry fees, and lodging costs.

Interested runners must compete in a sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) race and your time must be one of the top ten regional qualifying times. If you have run in a sanctioned race and your time meets the regional qualifying time, contact your base athletic director.

## Southeast Regional Qualifying Times 5K

Men 19:00  
Women 24:00

## 10K

Men 34:00  
Women 46:00

## Marathon

Men 3 Hours 30 Min.  
Women 4 Hours

## Triathlon

Men 2 Hours 30 Min.  
Women 3 Hours

Triathlon time based on 1.5k swim, 10k run, 40k bike

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at [dbonser@nasjax.navy.mil](mailto:dbonser@nasjax.navy.mil) or [dgorman@nasjax.navy.mil](mailto:dgorman@nasjax.navy.mil). Visit the MWR website at [www.nasjax.navy.mil/mwr](http://www.nasjax.navy.mil/mwr).



Coaches for the 2001 All Navy men's and women's softball teams will hold a mini-camp at the NAS Jax Softball Complex Saturday, June 16. All interested players are invited.

A morning session will run from 8 to 11 a.m., followed by a 5 to 7 p.m.

session.

Call Mike Gorman in the NAS Jax Athletic Office, 542-3239.

Players may contact men's coach, Earlie West at: [ewest6060@aol.com](mailto:ewest6060@aol.com). and women's coach, Tony Saldivar at: [saltony@hotmail.com](mailto:saltony@hotmail.com).

# STANDINGS

## Intramural Softball League

Team	Wins	Losses
NAVAIRES	15	2
AIMD	19	3
VP-30	19	5
HS-15	13	6
VR-58	14	8
VP-45	15	9
Weapons(THU)	15	9
VS-31	11	10
NCTS	11	11
FASO/CPRW-11	11	11
CHSWL	7	16
HS-5	6	15
HS-75	6	17
VP-30 Students	5	19
VS-30	4	19
NLMOF	1	10

# On The Go With USO

## New baby zebra at Jacksonville Zoo

The Jacksonville Zoo is proud to announce a baby zebra now on exhibit. USO has discount Zoo tickets.\$6. For adults, \$4. For children.

## Footprints: Story of Our Space Program

A free performance of "Footprints on the Moon" is scheduled for Thursday night at 7 p.m. at Times Union Center for performing arts, Jacoby Hall. Following the presentation, refreshments will be served, River City Youth Band will perform and cast members will sign autographs.

## Father's Day Week-End Events

Father's Day BBQ & Blues Festival - St. Augustine Amphitheatre, June 17, noon to 8 p.m. - Great Blues with Bo-

Diddle, Greg Baril, etc. and great bar-becue. The cost is \$15 per person at gate, two children age 15 and under, free with adult ticket purchase.

Dads, free admission to World Golf Hall of Fame - with regular ticket purchase on Father's Day weekend. June 16 and 17, 10 a.m.

Special indoor golf clinics with Wayne Player, son of Hall of Fame member Gary Player are offered.

**Volunteers are needed to help landscape the new Ronald McDonald House** located behind Wolfson Hospital. The landscaping begins June 23, 8:30 a.m. to 2 p.m.(lunch provided). The site is at the corner of Nira and Palm Avenue in Jacksonville. To volunteer contact JoAnn Dilling at USO, 778-2821.